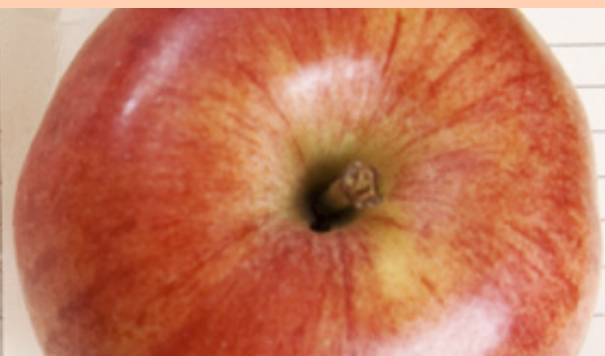


Healthy Eating Makes the Grade ACTION UPDATE

January 2013

MUSIC	cc	cc		cc	cc
PHYSICAL EDUCATION					
ARITHMETIC	A-	A-	A-	B+	A A-
Level of instruction					
Understands the meaning of numerals	+	+		+	+
Knows and uses number facts	+	+		+	+
Solves problems by reasoning	+	+		+	+
LANGUAGE	A-	A-	A-	A-	A A



NEW COORDINATOR HIRED!

Welcome Rachel McGuiness!
Rachel has been hired as the new Healthy Eating Makes the Grade (HEMG) Coordinator. She works three days a week at the Red Cross office at 111 Johnson Ave.

Reach Rachel by email:
rachel.mcguiness@redcross.ca
or phone: (807) 709-0418.



Interested in joining a workgroup? More hands and ideas are always welcome! Contact Rachel for details.

FALL HIGHLIGHTS!

Our fall partnership meeting was a chance to recap our progress, refocus for the 2012-2013 school year and thank Erin Beagle for her great work on HEMG.

Erin is now full-time coordinator at Roots to Harvest where she is focused on engaging youth with local food systems in a hands-on way.

FUNDING FOR YEAR TWO PROJECTS RECEIVED!

We are pleased to announce that Healthy Eating Makes the Grade has secured more funding from the Heart and Stroke Foundation's SPARK initiative to continue working towards the goal of ensuring that more schools in Thunder Bay have healthier food options available both within and around their schools.

SAVE THESE DATES!

Spring Partnership Meeting

Tuesday, March 5, 2013
12:30 - 3:30 pm
Health Unit Auditorium
For anyone wanting to be involved, already involved, or wondering about the Healthy Eating Makes the Grade initiative, mark your calendar for the next meeting of all partners.

We'll share successes, make solid plans to keep the momentum alive, and discuss how we can sustain healthier food options in and around schools in Thunder Bay!

Seedy Sunday & Garden Extravaganza, including Growing Food in School Gardens

Sunday, March 3, 2013
1:00 - 4:00 pm
Marina Park, Baggage Building
See more details on page 3.



HEART &
STROKE
FOUNDATION

FONDATION
DES MALADIES
DU CŒUR



CANADIAN
RED CROSS
CROIX-ROUGE
CANADIENNE



Thunder Bay District
Health Unit

STUDENTS TAKE CHARGE OF A FOOD REVOLUTION!

On December 13, teacher representatives from six city high schools met to discuss the Food Ambassador program in their schools. After sharing what they've been working on, the group developed a plan for a coordinated event for all schools to work towards.

Food Revolution Day is May 17, 2013 around the world. The goal of this day is "to inspire change in people's food habits and to promote the mission for better food and education for everyone."



Students from each Food Ambassador school will come together to plan a Food Revolution Day for their peers. It will start with a planning retreat in March to build excitement and get the ball rolling. Using a youth engagement approach, the students will take the lead in brainstorming ideas for the day. They will be provided with guidance and support to work out the details along the way.

In the end, each Food Ambassador school will celebrate Food Revolution Day with their own flare, all in a celebration of real food from our local community.

For details, contact Karling at: karling.zaporzan@tbdhu.com

SCHOOL GARDENS ARE TAKING ROOT!

Last spring, three Thunder Bay school boards were asked to develop a statement of support for school food gardens within their board policies, as well as outline a process for schools to follow when starting a school food garden. All boards have responded positively.

The **Thunder Bay Catholic District School Board** has drafted a school garden policy which includes both a support statement and process for school food gardens. It has been reviewed by the Board's Environmental Stewardship Team (BEST), and is currently being circulated to principals for further feedback. Some BEST members have recommended that this new policy be incorporated into a larger school greening policy to include school grounds, food gardens and outdoor classrooms.

The **Conseil scolaire de district Catholique des Aurores boréales** has reviewed its board policies, and believes the creation of school food gardens fits within the community engagement pillar of its strategic plan.

In order to start a school food garden, interested groups and/or individuals are asked to complete the board's planning tool "Grille d'analyse pour activités communautaires" (analytical framework for community activities), which can be accessed at: http://www.csdcab.ca/internet/appels_doffres

This tool ensures that those wishing to undertake any school-related project have [1] planned out the project; [2] reflected on the intentions of the activity (e.g. what will it bring to the students and school community?); and [3] evaluated the success and sustainability of the project.

The **Lakehead Public School Board** has struck a committee that hopes to meet in the near future to look at including a statement and supporting process for school food gardens in its board policy.

The next School Garden meeting will be held Wednesday, April 3, 1-3 pm in the Health Unit Auditorium. For details, contact Jen Lailey at laileyjen@gmail.com or Janice Piper at janice.piper@tbdhu.com



Check out the bountiful tomato harvest grown in école catholique Franco-Supérieur's garden last year!

SCHOOL GARDENS TOUR A GREAT SUCCESS!



Our first tour of Thunder Bay's school gardens showcased food gardens at Agnew H. Johnston School, Sir Winston Churchill CVI, Little Lions Waldorf Day Care, McKellar School Site, école catholique Franco-Supérieur, and Woodcrest Public School. Chilly September weather did not hold back eager participants from visiting these unique gardens and learning from school representatives, including students!

Approximately 60 people took part in the tour, including parents, teachers, school administrators, students, and the public. The day was filled with excitement over each of the school gardens and the potential these gardens hold for contributing to student health and learning. What better way to share new ideas, ask questions, and feel inspired than right in the gardens themselves!

Thanks to everyone who helped make the day a big success!

If your school is interested in having its garden showcased in the 2013 Fall School Garden Tour, please let Rachel know at rachel.mcguinness@redcross.ca

NEW SCHOOL GARDENS COMING THIS SPRING!

The school garden movement is growing! Plans to create new gardens this spring are well on their way for St. Bernard's Elementary School, Superior CVI and St. Ignatius High School. Stay tuned for an update on their progress!

Does your school have a garden we should know about?

If so, please contact Rachel at: rachel.mcguinness@redcross.ca

COME OUT AND SUPPORT OUR STUDENTS AND THEIR GARDENS!

Seedy Sunday & Garden Extravaganza, including Growing Food in School Gardens



Sunday, March 3, 2013
1:00 – 4:00 pm
Marina Park, Baggage Building

Students from local school food gardens will share how they created their school gardens, what they have learned from their gardening experiences, and what they are planning for their gardens this year.

HEALTHY FOOD ZONES AROUND SCHOOLS UPDATE

Past coordinator, Erin Beagle, did a great job at collecting detailed information from grade 7 and 8 and high school students about the food they purchase in and outside of school and why they leave. She also worked with the city planning department to map the food establishments around schools.

The data is currently being analyzed and a final report is expected in February. This report will help guide our next steps.

The next meeting of the Healthy Food Zones working group will be Thursday, February 21 at 8:30 am in the Health Unit's Manitouwadge Room. For details, contact Catherine at: catherine.schwartz@tbdhu.com

SCHOOL CAFETERIA SURVEY READY TO LAUNCH!

A survey has been developed to gain a better understanding of how high school students view and use their cafeterias.

Students will be asked questions relating to what food they purchase from their school cafeteria and what role the cafeteria plays in their life.

It's anticipated that this survey will be distributed to all Thunder Bay high schools next month.

IN THE NEWS: WHAT'S ON THE MENU?



Did you know that St. Patrick High School's popular sweet and sour beef stir-fry was highlighted in the Ontario College of Teacher's *Professionally Speaking* magazine?

The article titled, *Food for Thought: How well do school lunches serve student brains*, reviewed popular hot lunchtime meals in five Ontario schools. Registered dietitians checked out how food service providers are faring in providing lunches that are both high in fibre-rich carbohydrates and protein, and low in sugar and salt.

The nutrients in the stir-fry help students to stay alert, concentrate better, and have energy for a longer period of time.

For this dish, Aramark Canada (St. Pat's food service provider) scored points for its fresh, colourful vegetables and protein source!

It was suggested to use chili or garlic sauce rather than sweet and sour sauce to reduce the dish's high sugar content, and serving with brown rice could give an additional hit of fibre and flavour!

Photo courtesy of Ontario College of Teachers and Professionally Speaking, December 2012

FACELIFT IN THE WORKS FOR OUR WIKISPACE

Members of the School Garden Committee are intending to build an even stronger network of school gardens.

They plan to revamp our existing wikispace in order to enable schools to share resources more easily, ask each other questions, support one another, and get the word out about all the awesome work that HEMG groups are doing in support of healthy food choices in our schools.

Visit the wiki at www.wikitbhemg.wikispaces.com to access meeting minutes, find resources and post items of interest.

If you have suggestions on how to improve the site, please feel free to give us some feedback.

PEER LEARNING EVENT TO BE HOSTED BY THE HEART AND STROKE FOUNDATION MARCH 27, 2013

This event will bring partners and community champions together to identify ways in which we can continue learning from each other and working together to spark significant change across Ontario to increase access to healthy food and active lifestyles.

We are planning to send representatives from Thunder Bay's HEMG to Toronto.

THE NEW YEAR: A TIME FOR REFLECTION & SETTING NEW GOALS

Perhaps we can all take time to reflect on what our children are eating.

In what ways does the food they eat benefit them? What is working well? What can be enhanced? What needs to be changed? How can we help?

Significant progress has already been made towards achieving the HEMG goals.

- More schools are digging into school gardens.
- School Food Ambassadors are more energized than ever to revolutionize the food and eating habits of peers at their schools.
- We are learning more and more about how students interact with the food environment around their schools.
- New partners are coming on board to support HEMG projects.

2013 will be an exciting year as we continue to work together to improve student health by increasing access to healthier food options in and around schools in Thunder Bay.

HAPPY NEW YEAR!

CHECK IT OUT!

Visit <http://sustainontario.com/good-food-ideas-for-kids> for great food ideas, videos, inspirational stories, and resources!